

COLLEGE V.S. YOUR HEALTH



For more information and tips on how to live a healthier college life, please visit our event with the date and time below.

Are you in or just starting college and worrying about that extra weight everyone seems to gain?

Here are some tips to help you keep that hot body!

- Keep all the college drinking to a minimum
- Get a good night's sleep every night
- Just because you're hung-over, doesn't mean the bagel will help
- Watch late night snacking

March 12, 2015 12:00 pm - 1:00 pm
Kehr Union, Bloomsburg University

It's time to B U @ BU